

## ABSTRACT

Variable	Mean	SD	Min	Max
Age	34.5	10.2	22	55
Gender	Male	Female	Male	Female
Marital status	Married	Single	Married	Single
Education	High school	College	High school	College
Occupation	Manager	Worker	Manager	Worker
Income	Low	High	Low	High
Health status	Good	Poor	Good	Poor
Stress level	Low	High	Low	High
Life satisfaction	High	Low	High	Low
Resilience	High	Low	High	Low
Optimism	High	Low	High	Low
Self-efficacy	High	Low	High	Low
Perceived stress	Low	High	Low	High
Depression	Low	High	Low	High
Anxiety	Low	High	Low	High
Quality of life	High	Low	High	Low
Health-related quality of life	High	Low	High	Low
Physical health	Good	Poor	Good	Poor
Mental health	Good	Poor	Good	Poor
Social health	Good	Poor	Good	Poor
Environmental health	Good	Poor	Good	Poor
Overall health	Good	Poor	Good	Poor